

# Walnut Terrace Neighborhood Center

## July 2018



**RALEIGH** Parks,  
Recreation *and*  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4  <b>CLOSED</b>	5	6
9 1:30-12:15 Qi Gong for Joint Health	10 12:00-12:45 Ageless Grace	11 9:00-9:45 Chair Yoga	12	13
16 1:30-12:15 Qi Gong for Joint Health	17 12:00-12:45 Ageless Grace	18 9:00-9:45 Chair Yoga	19	20
23 1:30-12:15 Qi Gong for Joint Health	24 12:00-12:45 Ageless Grace	25 9:00-9:45 Chair Yoga	26	27
30 1:30-12:15 Qi Gong for Joint Health	31 12:00-12:45 Ageless Grace	All programs are offered at no charge; however we request that you pre- register to reserve your spot.		

## **Walnut Terrace Neighborhood Center**

1256 McCauley Street, Suite 126

Raleigh NC 27601

919-996-6160

WalnutTerraceCenter@raleighnc.gov

Website: [parks.raleighnc.gov](http://parks.raleighnc.gov)

Keyword Search: Active Adults

## **Hours of Operation**

9:00 AM-6:00 PM

## **Program Descriptions**

### **Ageless Grace**

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information.

*Instructor: Missy Atkinson*

### **Qi Gong for Joint Health**

Qigong (chee-gong) for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motions, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. This is a beginner level class.

*Instructor: Kathy Bundy*

### **Yoga - Chair Yoga**

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair.

*Instructor: Kathryn Clarke*